

**East Carolina Gastroenterology, PA**  
**Jacksonville, NC**  
**Peter A. Eweje, M.D**  
**910 3536158**

**INSTRUCTIONS FOR OFFICE UPPER ENDOSCOPY**

- You are scheduled for this test on \_\_\_\_\_ at **our office**. You should expect to be at the endoscopy center for about 1 ½ to 2 hours.

**Before the procedure**

- **Do not eat solids from midnight before your morning test.** If your test is scheduled for an afternoon, you may eat breakfast before 7 am the day of your test. You may drink clear liquids until 4 hours before your test.
- If your test is scheduled for a morning DO NOT take any of your regular a.m medications(except inhalers and medicines for seizures) on the day of your test. You MAY TAKE your regular a.m medications if your test is scheduled for the afternoon. **Continue to take your inhalers and seizure medications as prescribed by your physician.** Bring your medication bottles along with you. Do not hesitate to call us with questions about your medications.
- **If your test is scheduled for a MORNING, do not take your diabetic pills or Insulin shots on the night before and the morning of your test. If scheduled for an AFTERNOON do not take your diabetes pills or Insulin shot on the morning of your test day.**
- Please remove any lips/tongue piercings prior to arriving for your test.

**Day of Procedure**

- **YOU WILL NEED A DRIVER/RESPONSIBLE ADULT TO BRING YOU HOME AFTER YOUR PROCEDURE. PLAN ON TAKING THE WHOLE DAY OFF OF WORK/SCHOOL THE DAY OF YOUR PROCEDURE.**
- You must not drive or operate any type of machinery or drink any alcohol on the day of the test (i.e., after you return home).
- Resume your usual medications after the procedure unless instructed otherwise.
- After the procedure watch for evidence of bleeding and call your doctor immediately if you see any.
- The doctor will speak with you after the test, but if you have further questions, please call the office at **910 353 6158**.

**You may have a friend/family member come with you for your procedure. Due to limited parking and sitting space we ask that you only come with one family or friend. Please arrange for someone to care for your children while you're at our surgery center. We appreciate your understanding with this policy.**

**PLEASE VISIT THE "PATIENT EDUCATION" SECTION ON OUR WEBSITE [www.eastcarolinagastro.com](http://www.eastcarolinagastro.com) TO LEARN MORE ABOUT YOUR PROCEDURE.**